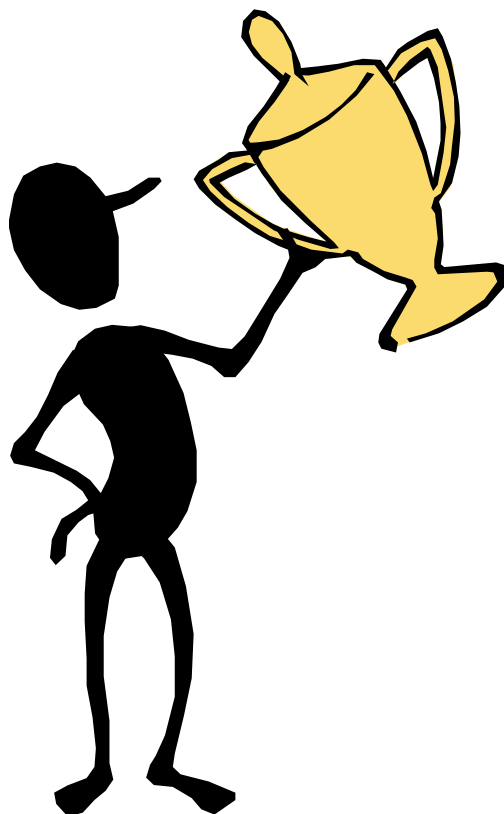
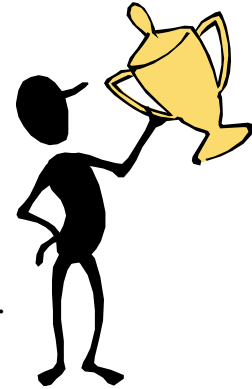


AFFIRMATIONS!!!!

- ❖ Microwave
- ❖ Clam clap
- ❖ Firecracker
- ❖ Raise the roof
- ❖ Stone cold
- ❖ Go ... Go ...
- ❖ Round of
applause
- ❖ Spider clap
- ❖ Two bits
- ❖ Sports wave
- ❖ Silent cheer
- ❖ Siren
- ❖ Tortilla clap
- ❖ Power wash
- ❖ Roller coaster



EXPLANATIONS OF AFFIRMATIONS



- **Microwave** - Hold up pinkie finger. Wiggle up and down.
- **Clam clap** - Rest bottom of palms together. Clap fingers together.
- **Firecracker** - Place hands together, chest high. Move hands above head (saying 'zzzhhh'), clap (saying 'pop'), then 'sprinkle' fingers down (saying 'woooo').
- **Raise the roof** - Stand. Place hands above head with palms facing ceiling. Bounce hands up and down as if touching the roof. Chant child's name.
- **Stone cold** -- Hold arms to the side with elbows bent and fists clenched inward. Count to three and grunt while bringing fists together.
- **Go . . . Go . . .** - Stand up. Make fists with hands and hold them close together in front of body. Move fists in a horizontal circular motion while chanting, "Go, (child's name)! Go, (child's name)!"
- **Round of applause** - Clap hands together while hands are moving in a circular direction vertically.
- **Spider clap** - Hold up four fingers in each hand. Tuck thumbs inward. Clap fingertips only.
- **Two bits** - Chant, "Two bits, four bits, 6 bits, a dollar. All for (child's name), stand up and holler."
- **Sports wave** - Students gather into several rows. Starting on the row to the left, one row stands, brings arms overhead, and moves arms back to side. Repeat for all of the rows.
- **Silent cheer** - Hold both hands chest high. Wiggle fingers while mouthing "Yea!"
- **Siren** - Hold one hand up with index finger pointing upward, move in a horizontal circle, and make a siren sound (woooooo).
- **Tortilla clap** - Place palms together and hold hands horizontally. Clap, alternating each hand on the top, as if patting out a tortilla.
- **Power wash** - Place both hands on the left side of the body, palms facing out. Move in a large arc to the right side, saying "Whoosh."
- **Roller coaster** -- Place hands chest high with palms facing out. Move up over head very slowly (saying "er-er-er-er-er"). Move hands downward in a ripple wave (saying "wheeeeeeee").